



Friendship Heights

VILLAGE NEWS



Candidates' Forums,
page 2

JUNE 2018 VOLUME 34, NO. 6 www.friendshipheightsmd.gov 301-656-2797

A summertime sunset tour of the nation's capital

The monuments of our nation's capital are beautiful by day, but take on a magic all their own at sunset and in the glow of moonlight. Join us as we view some of the best known sights of Washington, D.C., on **Tuesday, July 10.**

During this mostly driving tour with our guide Betsy Thompson, as the sunset and darkness falls on the city, we'll visit the Jefferson Memorial, the FDR and Martin Luther King Jr. memorials, the Lincoln and the Korean War

memorials, and the World War II Memorial. Weather permitting, we'll step off at select sites. We'll also see the Capitol and the Smithsonian Castle.

The cost is \$45, which includes the driving tour and driver gratuity. We will depart from the Village Center at 6 p.m. and should return by 9:30 p.m.

Sign up immediately at the Village Center. There are 29 spaces available. The deadline to register for this trip is July 3.



Last chance to sign up for Art Camp

Our weeklong art camp for children returns **Monday, June 18, through Friday, June 22.**

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands. Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Please register in person at the Village Center to ensure a space. Don't miss out —*the deadline to sign up is Thursday, June 7.*

Please call the Village Center 301-656-2797 for details.



Newport in the fall!

Mark your calendars for our autumn excursion to New England from **Monday, Oct. 22 through Friday, Oct. 26.** During this trip, we will tour some of Newport's most magnificent mansions, take a harbor cruise, and attend a special presentation where John and Jackie Kennedy were married. We'll see Mystic Seaport, tour the architectural marvel of the Philip Johnson glass house, and much more. Watch for details in the July newsletter.

Watch the mail for your copy of the 2018 Survey of Village Residents! Details on page 3.

Baseball battle of the Beltway, see page 5

MC Summer Dinner Theatre sampling

Montgomery College students will perform a few scenes and songs from Montgomery College's Summer Dinner Theater production of "West Side Story" during a special presentation at the Friendship Heights Village Center on **Tuesday, July 3, from 10:30 a.m. to 11:30 a.m.**

The students will also share their professional aspirations and highlight their educational experiences at Montgomery College. Following the program please stay for light refreshments. Call 301-656-2797 to RSVP.



Jazz, Blues and Broadway with John Eaton

Join us for an afternoon of "Jazz, Blues and Broadway" with pianist extraordinaire John Eaton on **Monday, June 11, at 3 p.m.**, at the Village Center.

The concert will feature the music of George Gershwin, Johnny Mercer, Cole Porter, and other greats.

Renowned pianist, vocalist, musicologist, and humorist, John Eaton is considered one of the foremost interpreters of American music. After the concert please stay for coffee and cookies. RSVP to 301-656-2797.



Mark your calendars—

Tuesday, Aug. 7: Leonard Bernstein exhibit at the National Museum of American Jewish History in Philadelphia

Thursday, Aug. 23: Rehoboth Beach, Del.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the July issue is June 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Page Park update

Plans to upgrade the infrastructure in Page Park continue to progress. Last month, WSSC completed the



connection of a new water line from North Park Avenue into the park. Our plumber then extended the water



line to the area where the irrigation control box will be installed (on the west side of the park near the new benches). The plumber also installed a backflow preventer as required by WSSC (see photo above). As this goes to press, WSSC still needs to do a final inspection of the backflow preventer. Once that is completed we will have an irrigation system installed and can

then put in new plantings.

Two red oak trees that were planted last year did not survive and were replaced under warranty by swamp oak trees at the recommendation of our arborist. One of the new trees is shown above.

Council reiterates support for Sector Plan on Parcel 6

At its May 14 meeting, the Council reported that there has been no update on the development of Parcel 6, the

cluster of single-family homes and office buildings on North Park Avenue, Shoemaker Farm Lane, and Willard Avenue. As this goes to press, we have not been contacted by the developer about a date to present its plans.

The Council decided to send a letter to all the candidates for Montgomery County Executive and Montgomery County Council, expressing concern regarding the possible development of the site. The letter reiterated the Council's support of the 1998 Friendship Heights Sector Plan both for Parcel 6 and Parcel 4 (5550 Friendship Boulevard) and included copies of three resolutions approved by the Council. All three resolutions are consistent with the objectives set forth in the Sector Plan, which, with regard to Parcel 6, call for a neighborhood park and preservation of the "small scale character of existing structures." The letter was sent to inform candidates of our concerns in advance of the two forums we will be hosting in June.

Council hires Gina DiMedio Marrazza as Assistant Program Director



Gina DiMedio Marrazza

Following an extensive search, the Council hired Gina Marrazza as the new Assistant Program Director. Gina will begin working here on June 1. She has had extensive experience in coordinating performing arts events and programs at The Levine School of Music, Strathmore Hall and Montgomery College. We

welcome Gina to our team!

Village hosts candidates' forums

As a reminder, we will be hosting two candidates' forums at the Center. The Montgomery County Executive Candidates' Forum will be Monday, June 4, from 7 to 9 p.m. The Montgomery County Council District 1 Candidates' Forum will be Thursday, June 7, from 7 to 9 p.m.



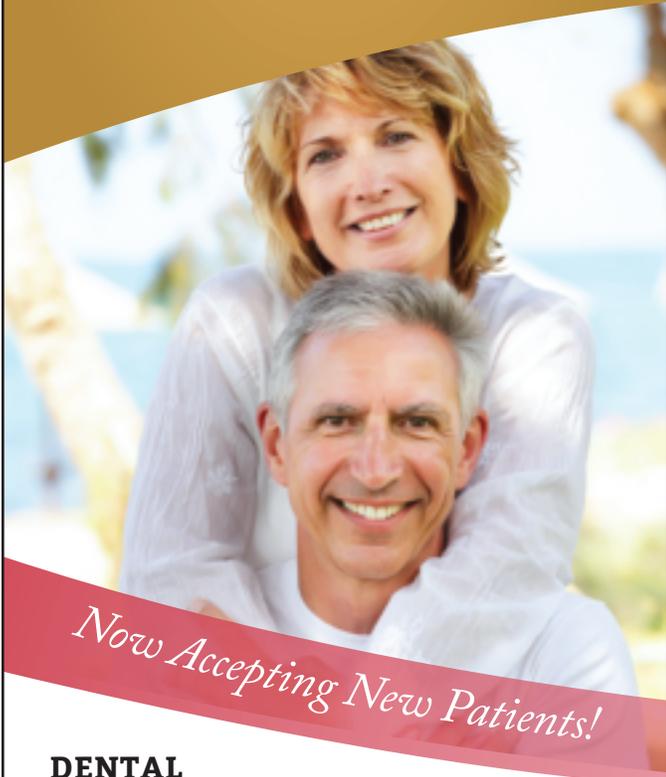
Other actions taken at the May 14 Council meeting:

- Approved proposal from Chamberlain Contractors to replace sidewalk for a total cost of \$26,835.
- Approved request from The Carleton to remove tree from the building's courtyard.

The next Council meeting, open to the public, will be Thursday, June 14, at 7:30 p.m.



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Tea and talk: Reversing diabetes without drugs

Dr. Neal Barnard, founder and president of the Physicians Committee for Responsible Medicine, will speak at the Village Center on Wednesday, June 27, at 1 p.m. His lecture is titled "A New Nutritional Approach to Diabetes."

Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. He hosts four PBS television programs on nutrition and health and is frequently called on by news programs to discuss issues related to nutrition and research. He has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in Type 2 diabetes, funded by the National Institutes of Health. Dr. Barnard has authored more than 70 scientific publications as well as 18 books, including the New York Times best-sellers "Power Foods for the Brain," "21-Day Weight Loss Kickstart," and "Dr. Barnard's Program for Reversing Diabetes." In 2015, Dr. Barnard founded the nonprofit Barnard Medical Center on nearby Wisconsin Ave.

Copies of several of his books—as well as a brand new cookbook—will be available for sale. Cash, checks and credit cards will be accepted.

Please call 301-656-2797 to let us know you are coming. This program was scheduled for March 21, but was canceled due to a snowstorm.

Volunteers wanted

The Friendship Heights Village Center has a number of opportunities for residents who want to get involved. Stop by the Village Center and fill out an application!

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ON THE GO...

Two contemporary plays and dinner at the Bavarian Inn

A limited number of spaces are available for our trip to Shepherdstown, W.Va., for the final weekend of this year's Contemporary American Theatre Festival on **Saturday, July 28.**

After the plays, we'll dine at Shepherdstown's acclaimed Bavarian Inn.

We'll depart the Village Center at 9:15 a.m., and arrive in Shepherdstown in plenty of time for the first show at noon. In "A Late Morning (in America) with Ronald Reagan," the retired President invites us into his office for lemonade and recollections of things he rarely (if ever) shared before. Award-winning film and television actor, Tim Matheson stars as Ronald Reagan.

Next, we'll see "The Cake," a timely new play by a writer for NBC's This Is Us. In this delicious comedy, a North Carolina baker is forced to re-examine her deeply held beliefs and her own marriage when she is asked to bake a cake for two brides.

After the plays, we're off to Shepherdstown's Bavarian



Inn, an acclaimed inn with spectacular views of the Potomac River. Choose from among a number of Bavarian favorites such as beef tenderloin tips with homemade spaetzle, pork loin with sauerkraut and potato dumplings, and vegetarian pasta. We'll also have mixed greens, and apple strudel for dessert. Choice of tea or coffee is included.

The cost of the trip, which includes round-trip transportation, tickets to the two plays, dinner at the Bavarian Inn, and all taxes and gratuities is \$199 before June 15. The price increases to \$224 after June 20.

Let's go to the ball game!

Great seats are still available for our trip to Nationals Park to watch the Washington Nationals battle the Baltimore Orioles on **Tuesday, June 19.**

We will leave the Village Center at 5:30 p.m. for the 7:05 start and should return by 10:30. The cost of the trip, which includes a seat in Section 135 (field level), transportation by motorcoach and driver gratuity, is \$75.

Sign up immediately at the Village Center. For information, call the Village Center at 301-656-2797.

Our Listings in the Friendship Heights Community

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5600 Wisconsin Ave. #803
\$2,075,000; 3 BR, 2.5 BA,
Updated, 2 Balconies; 2,899 SqFt

5610 Wisconsin Ave. #PH5C
\$2,495,000; 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,770 SqFt

5600 Wisconsin Ave. #906
\$1,550,000; 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,278 SqFt

5610 Wisconsin Ave. #607
\$2,220,000; 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

5600 Wisconsin Ave. #907
\$1,550,000; 2 BR + Den, 2.5 BA,
Views, Balcony, 2,092 SqFt

5600 Wisconsin Ave. #PH18C
\$1,399,000; 2 BR, 2.5 BA,
Views, Balcony, 2,118 SqFt

5600 Wisconsin Ave. #701
\$1,100,000; 2 BR, 2 BA,
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003
\$2,545,000; 2 BR + Den, 2.5 BA,
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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, June 7, 7p.m. — Montgomery County Executive Candidates' Debate — see page 2 for information.

Thursday, June 14, 7:30 p.m. — Friendship Heights Village Council Meeting



Thursday, June 21, 7 p.m. — "The Florida Project" — Set on a stretch of highway just outside the imagined utopia of Disney World, The Florida Project follows six-year-old Moonee and her rebellious mother Halley over the course of a single summer. The two live week to week at "The Magic Castle," a budget hotel managed by Bobby, whose stern exterior

hides a deep reservoir of kindness and compassion. Despite her harsh surroundings, the precocious and ebullient Moonee has no trouble making each day a celebration of life, her endless afternoons overflowing with mischief and grand adventure. Unbeknownst to Moonee, however, her delicate fantasy is supported by the toil and sacrifice of Halley, who is forced to explore increasingly dangerous possibilities in order to provide for her daughter. Stars Willem Dafoe and Brooklyn Prince. Rated R. Running Time: 115 minutes.

Thursday, June 28, 7 p.m. — "Paddington 2" — Settled in with the Brown family, Paddington the bear is a popular member of the community and spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop -- the perfect present for his beloved aunt's 100th birthday. When a thief steals the prized book, Paddington embarks on an epic quest to unmask the culprit before Aunt Lucy's big celebration. Features the voices of Hugh Grant, Sally Hawkins and Ben Whishaw. Rated PG. Running Time: 104 minutes.

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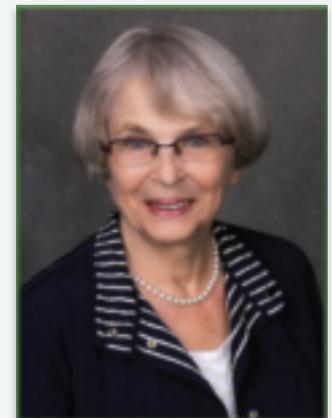
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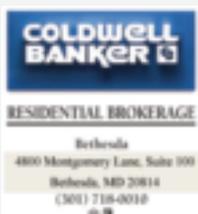
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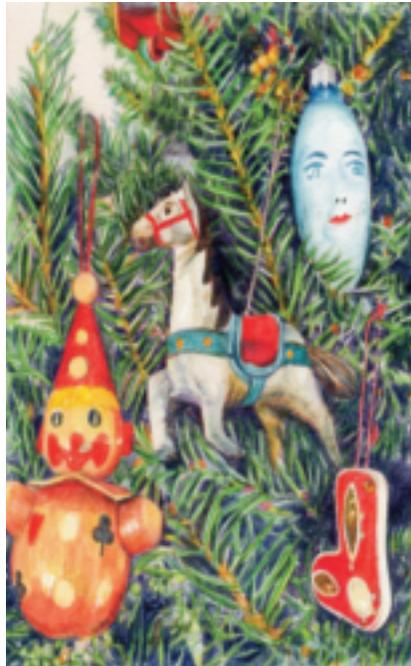


ART and CULTURE

Montgomery Art Association exhibits in June

The Montgomery Art Association (MAA) will hold an exhibition entitled “Creative Expressions 2018” at the Friendship Gallery in June. All are invited to meet the artists at a reception on **Sunday, June 10, from 11:30 a.m. to 1:30 p.m.**

MAA, whose members come from the entire metropolitan area, is in its 62nd year of operation. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, and community outreach through children’s art activities and a college scholarship program. Check their website, www.MontgomeryArt.org for more information. This year’s juror is Lynne Oaks, a local



professional artist and art teacher. She was the founder of the Art League of Germantown and is an active and well-known participant in the local artist community.

The show runs from June 4 to 30. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

“Ornaments on the Tree” by Vicky Surles



Show off your artistic side

Residents of the Village of Friendship Heights are invited to enter artwork in our annual community art show.

The theme of this year’s July art show is “The Good Ol’ Summertime.” This multi-media exhibit is open to all artists in the area.

Suggestions for paintings, photographs or sculpture are July 4 celebrations, end of school, traveling, beach time—anything related to the summer. Prizes will be awarded to the top winners. Applications are available at the Village Center.

Why not donate those old eyeglasses!

Drop off your old eyeglasses at the Village Center. The Lions Club will collect them, then clean and distribute them to those in need of glasses around the world.

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Friendship Heights Village Center



Calendar of Events 2018

J U N E

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



					<p>1</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>3</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7–9 p.m.: County Executive Candidates' Forum</p>	<p>5</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>6</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes 5:30 p.m.: Community Advisory Committee Mtg. 7 p.m.: Concert: Dixie Power Trio</p>	<p>7</p> <p>8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 7 – 9 p.m.: County Council Candidates' Forum</p>	<p>8</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>10</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>11</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 3 p.m.: John Eaton Concert</p>	<p>12</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>13</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Heart Attack Signs 7 p.m.: Concert: Bele Bele Drums</p>	<p>14</p> <p>8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>9:30 a.m. – 1 p.m.: CHILDREN'S ART CAMP 7 p.m.: Café Muse</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m. – 1 p.m.: CHILDREN'S ART CAMP 11 a.m.: Village Book Club 5:30 p.m.: Depart for Nats Game 6:30 p.m.: Pilates</p>	<p>20</p> <p>9:30 a.m. – 1 p.m.: CHILDREN'S ART CAMP 7 p.m.: Concert: Steve Hom and Karla Chisholm</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m. – 1 p.m.: CHILDREN'S ART CAMP 7 p.m.: Movie: The Florida Project</p>	<p>22</p> <p>9:30 a.m. – 1 p.m.: CHILDREN'S ART CAMP</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m. – 2 p.m.: MVA Bus 12:30 p.m.: Bridge Club 1 p.m.: Strength Training</p>	<p>26</p> <p>8:15 a.m.: Walking Club Primary Election Polls Open 7 a.m. – 8 p.m.</p>	<p>27</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: New Approach to Diabetes 7 p.m.: Concert: Bill Wright Quartet</p>	<p>28</p> <p>8:15 a.m.: Walking Club 11 a.m. — 4 p.m.: Village Playtime 12- 1 p.m.: Vision Support Group 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Paddington 2</p>	<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

Produce market offers fresh fruits, vegetables and more

Twin Springs Fruit Farm will set up its market on the portico of the Friendship Heights Village Center **every Saturday from 9 a.m. to 1 p.m.**, until mid-December.

The farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, sweet peppers and spring mixed greens.

In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available will be strawberries, red raspberries, cherries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., June 6 – July 25. \$75 for residents; \$80 for nonresidents. Marianne, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Class will not meet June 20 nor July 4.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., June 2–July 21. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom and out in the field. Students must bring a camera to class; digital cameras preferred. See examples of Lew's students' works at www.artmajeur.com/kindalewcollective.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 9:30 a.m. to 10:30 a.m., June 23–July 28. \$50. The class

is open to those 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have digital cameras and a flash drive. See examples of Lew's students' works at www.artmajeur.com/kindalewcollective.

EXERCISE

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., June 8–July 20. \$70 for residents; \$75 for nonresidents. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. Class will not meet June 22.

DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., June 25–Aug. 6. \$70 for residents; \$75 for nonresidents. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. Visit www.dctaichi.com for more information. Class will not meet July 23.

DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., June 6–Aug. 1. \$70 for residents; \$75 for nonresidents.

Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. Visit www.dctaichi.com for more information. Class will not meet June 20, July 4 nor July 25.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., June 12–July 17. Pilates movements tone the body from “the inside out” bringing about core strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/ yoga mat and bath towel.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., July 1–Aug. 19. The session includes semi-strenuous postures, stretches, and coordinated breathing, and a quiet period for relaxation and meditation. This class is aimed especially at people 50 years old and older. Wear loose clothing, bring a thick blanket or large towel and mat, and don't

eat for 2 hours before class. \$112 for residents; \$120 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Hot beverages, cookies, assorted pastries, and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m. at the Village Center.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAYTIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

VISION SUPPORT GROUP

Meets once a month; check the calendar for day and time. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.





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CONCERTS



Summer concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors.



Wednesday, June 6— Dixie Power Trio— Formed in 1992, Zachary Smith & the Dixie Power Trio has developed a reputation as the East Coast's premier "Louisiana variety band"—capable of playing authentic New Orleans jazz, zydeco, Cajun, street parade, and Louisiana-style funk. The four-piece trio has carved out a niche as a fun and exciting ensemble capable of entertaining audiences of all ages. The group has shared concert stages with many Louisiana luminaries, including the Neville Brothers, Terrance Simien, Dr. John, Wynton Marsalis, and others. The foundation of the Dixie Power Trio is bassist Andy Kochenour. He lays down the bass lines while Chuck Underwood dictates rhythmic and chordal directions on guitar. Riding on top of the grooves is leader Zachary Smith, playing cornet, washboard, accordion, harmonica, and just about anything else he can lay his hands on. Holding everything together is the fourth member of the trio, drummer Byron McWilliams, who also lends his vocals to the mix. Listen for a set and you might hear the "DPT" tackle anything from Louis Armstrong to the Beatles. Borrowing material from the Neville Brothers, Buckwheat Zydeco, Dr. John, Chuck Berry, Fats Domino and many others, the Dixie Power Trio has a knack for reinventing classics. At the same time, they take pride in the authenticity of their New Orleans jazz repertoire and original compositions. The common thread is that it's all good music. The band's most recent recording is the 2013 release "Big Parade."



Wednesday, June 13— Bele Bele Rhythm Collective— The Bele Bele Rhythm Collective is an intergenerational group of women from D.C. and surrounding areas who together form a sisterhood of the drum. Founded in 2008 and led by "Drumlady" Kristen Arant, the group performs tightly sewn compositions of polyrhythms on West African dunun and djembe drums, complete with exciting breaks, contagious songs, and dancing. This family-friendly concert promises to be fun for all ages!

Wednesday, June 20— Steve Hom and Karla Chisholm — Guitarist Steve Hom and vocalist Karla Chisholm perform a smorgasbord of American standards, bossa nova, jazz, and pop. Karla is a graduate of the University of North Texas jazz program, debuted at the Montreux Jazz Festival, and currently is bandleader of the eight-piece variety band, Nation. Steve has performed at venues such as the Silver Spring Veterans Plaza, the 6th & I Historic Synagogue, and Strathmore and has entertained ambassadors, members of Congress, the governor of Maryland and the mayor of Washington.

Wednesday, June 27 — Bill Wright Quartet — Mr. Wright performed as a clarinetist with the National Symphony Orchestra (NSO) for 40 years and with the New Orleans Symphony for 3 years. He is a former faculty member of George Washington University and Catholic University for both conducting and instrument performance and has been a private instructor in the Washington, D.C. area for 50 years.

TO YOUR HEALTH

Vision Support Lunch and Learn: *Your eyes and the sun*



Do you check the ultraviolet (UV) rating when you purchase sunglasses? According to the American Academy of Ophthalmology (AAO), only half of the people buying sunglasses do.

Yet, according to the AAO, wearing the right sunglasses offers excellent protection against UV rays that can cause short- and long-term eye damage.

Learn from Dottie Cornwall, project manager for the Low Vision Center in Bethesda, at the Low Vision Lunch and Learn at the Village Center on **Thursday, June 28, from 12 to 1 p.m.** She'll discuss how to find the UV rated glasses best suited for you. Everyone, no matter what your eye condition or how much or little you do or don't see, will benefit from this event.

The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register for a light lunch by calling 301-656-2797.



As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

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Is that upset stomach something you ate or something more serious? Not all heart problems come with clear warning signs. There is not always an alarming chest clutch followed by a fall to the floor like you see in movies. Some heart symptoms don't even happen in your chest, and it's not always easy to tell what's going on.

Find out the warning signs of a possible heart attack. In honor of Heart Month, join Edward Levien of the B-CC Rescue Squad to learn lifesaving prevention strategies of heart attacks at this month's Suburban health lecture at the Village Center on **Wednesday, June 13, at 1 p.m.**

Please call 301-656-2797 to let us know if you plan to attend.

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Café Muse presents...

This month's Café Muse, on **Monday, June 18**, will feature poets Donald Illich and Thomas March.

Donald Illich's work has appeared in "The Iowa Review," "LIT," "Nimrod," "Passages North," "Rattle," and "Sixth Finch." He was nominated for the Pushcart Prize and received a scholarship from the Nebraska Summer Writers Conference. He won Honorable Mention for his entry to the Washington Prize, was a "Discovery" / "Boston Review" 2008 Poetry Contest semifinalist, and his full-length manuscript was a finalist for the Gold Wake Press's 2015 open reading period. He published two chapbooks: "Rocket Children" and "The Art of Dissolving." "Chance Bodies" is his full-length debut collection. He is a writer-editor who lives and works in Rockville.

Thomas March is a poet, teacher, and critic based in New York City. His work has appeared in "The Believer," "Bellevue Literary Review," "The Good Men Project," The Huffington Post, New Letters, Pleiades, and Public Pool, among others. His poetry column, "Appreciations," which offers appreciative close readings of poems from recent collections, appears regularly in "Lambda Literary Review." He is a past recipient of the Norma Millay Ellis Fellowship in Poetry,

from the Millay Colony for the Arts. "Aftermath," his first poetry collection, was selected by Joan Larkin for The Word Works Hilary Tham Capital Collection and was published in spring 2018.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 40 years.

Monday, July 16: Café Muse will feature poets Grace Cavalieri and Valerie Wallace.

The Village Book Club will meet on **Tuesday, June 19, at 11 a.m.** The book selection is "The Tea Girl of Hummingbird Lane" by Lisa See. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.



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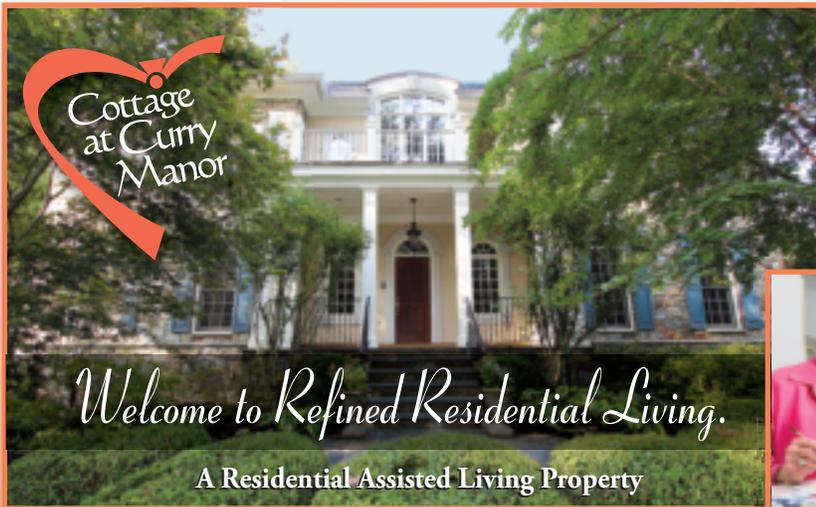


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June 2018 events calendar